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Yoga expert Vasanthi Bhat releases five new DVDs

San Jose, CA.- Internationally recognized *Hatha Yoga* authority Vasanthi Bhat announces the release of five new



DVDs, in the popular *Vasantha Yoga*

series: *Yoga for Children*, *Weight Loss Program with Hatha Yoga*, *Yoga for Back Pain*, *Yoga for Seniors: Levels I & II* and *Yoga for Everyone* (*Vasantha Yoga*, \$19.95).

Vasanthi teaches gentle, easy techniques that are powerful in health maintenance and the prevention and healing of stress-related ailments. With students ranging in age from



three to 90, Vasanthi Bhat has developed special techniques for addressing needs at both ends of the spectrum.

Yoga for Children emphasizes that although small children are quite flexible, they require a gentle approach when learning yoga postures. Specifically designed to help children practice yoga at their own pace while making the learning experience fun and interesting, *Yoga for Children* aims to improve relaxation, concentration, and muscle conditioning, while also increasing self-esteem and energy.

Yoga for Seniors: Level I & II likewise takes a non-strenuous approach, encouraging seniors to "listen to the body" during their *yoga* practice, adapting the postures to their individual limitations. Vasanthi shows, step-by-step, how to maintain balanced health and fitness in order to age gracefully, while working to improve flexibility, breathing capacity, and endurance. This inspiring video, featuring seven senior citizens with differing goals and needs, covers a wide range of techniques, including *Chair Yoga*, as demonstrated by an 86-year-old student. Viewers will see, in the *Level II* portion of this DVD, that seniors who are 80-plus in age are able to perform advanced *hatha yoga* postures as well as does their teacher, Vasanthi Bhat.

Weight Loss Program with Hatha Yoga offers an effective *hatha yoga* program that is designed to help people lose weight without struggle while making the process enjoyable rather than stressful. Vasanthi Bhat gently guides viewers through cardio exercises, weight training, an abs workout, muscle conditioning, and relaxation techniques, using only the body, without any props or machines.

Yoga for Back Pain was developed as a result of the many requests from



Vasanthi Bhat's students for help with their back problems. This video is divided into four segments focusing on upper back, lower back, full body, and toning and conditioning techniques.

Vasanthi Bhat has pioneered the concept of *family Yoga* classes. Her *Yoga for Everyone* video is an outgrowth of those classes, demonstrating the ways in which classic *Hatha yoga* postures can be adapted to meet the needs of people from all walks of life and different cultures, and of varying ages, physical conditions, and fitness levels in a supportive and non-competitive environment.

A native of India, Vasanthi Bhat has taught *yoga* for over 30 years, more than 20 of them in the United States. The author of 3 books and 18 DVDs on *yoga*, Vasanthi is in demand internationally as a seminar leader, teacher trainer, and conference speaker. She travels the globe, yet still devotes an enormous amount of time to volunteering at senior centers while maintaining a very active schedule teaching *hatha yoga* classes throughout the San Francisco Bay area. Her threefold focus is on maintaining health, relieving stress related ailments, and expanding spirituality, making Eastern concepts and practices accessible and comprehensible to Westerners. Vasanthi Bhat addressed the 2003 International Conference on World Peace in India on *Yoga and Spirituality*. In 2002 Vasanthi was honored with a Human Relations Award by Santa Clara County for her more than two decades of exceptional service to the

community. In 1996, she received an International Yoga Award in India at that year's World Havyaka Convention, for spreading knowledge of *yoga* in the USA. The *Vasantha Yoga series of hatha yoga* videos by Vasanthi Bhat now includes 18 DVDs. Videos may be purchased at www.vasanthayoga.com, by telephone: 408.257.8418, or via email: vasanthib@aol.com. *Vasantha Yoga* videos are also available at www.indolink.com.